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The Spirit of Health

Nov 27, 1928
Dec 6, 1928
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The HEALTH-MOTOR:

Tones the system.

Maintains proper circulation of blood and lymph by pleasant "passive exercise"—exercise without effort.

Enables you to be your own masseur.

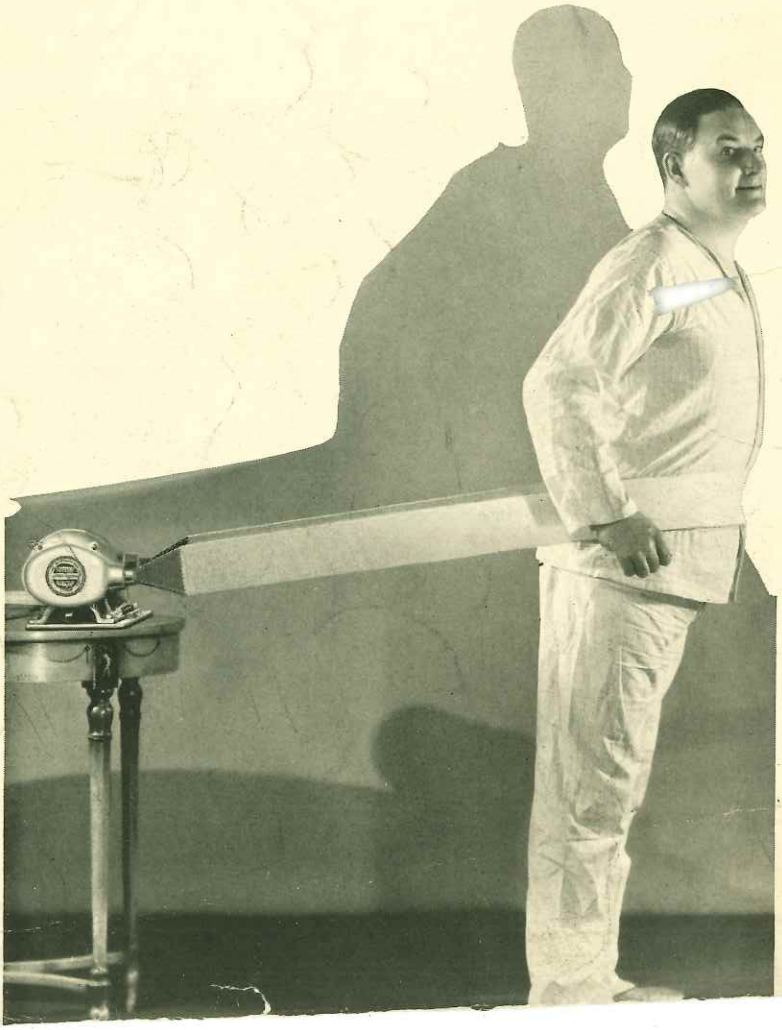
Reduces unsightly, unhealthy superfluous flesh.

The HEALTH-MOTOR *means:*

Health and fitness.

The satisfaction of being well proportioned and mentally alert.

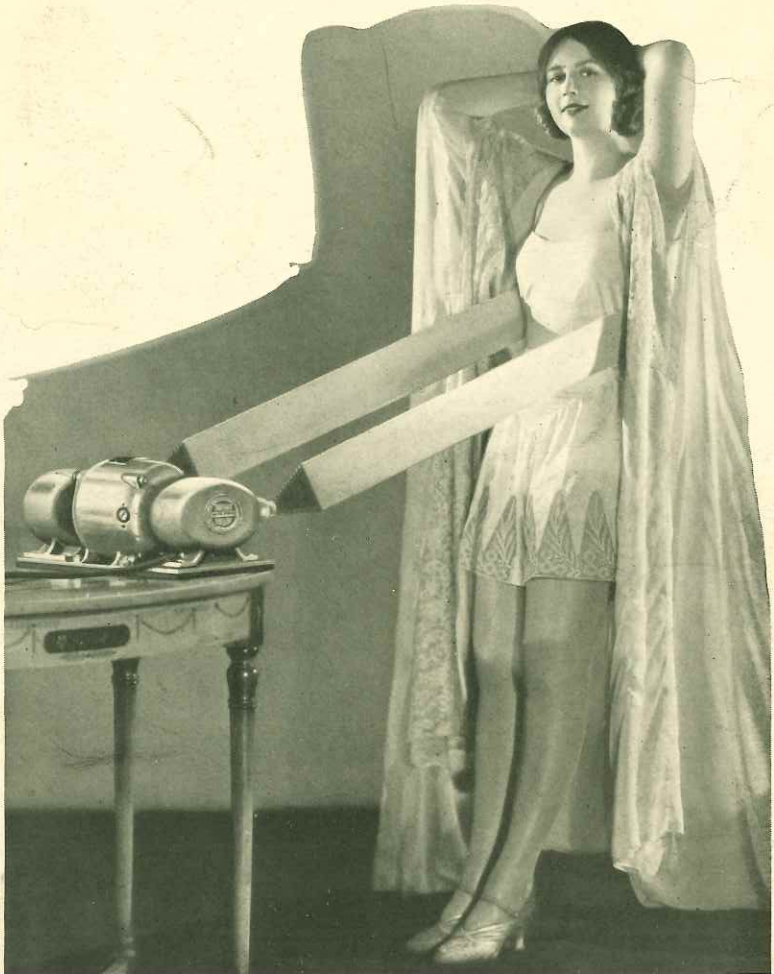
The energy and balance to meet the social and business demands in this age of strenuous activities—requirements calling for the best that is in us.



STATISTICS of Insurance Companies tell us that to be over-weight or under-weight is a menace to health.

According to The Metropolitan Life Insurance Company, *"The practice of the insurance companies shows that they consider over-weight as a very serious disability, and, indeed, treat it as though it were a disease." .... "Over-weight in almost every case can be controlled and even when present for a long period of years can be reduced with safety. It is brought on by overeating and underexercising and is removed by reversing the process within limits of safety which vary with the individual."*

For correcting obesity the HEALTH-MOTOR is a great boon. Whether the excess flesh is from lack of exercise, sedentary occupation, or improper diet, the HEALTH-MOTOR breaks down and oxidizes the surplus fat, bringing about normal assimilation and elimination, toning up and strengthening the muscles. In a word, as it removes surplus fat, it strengthens the muscles and vital organs.



The HEALTH-MOTOR

The Secret of "Passive Exercise"

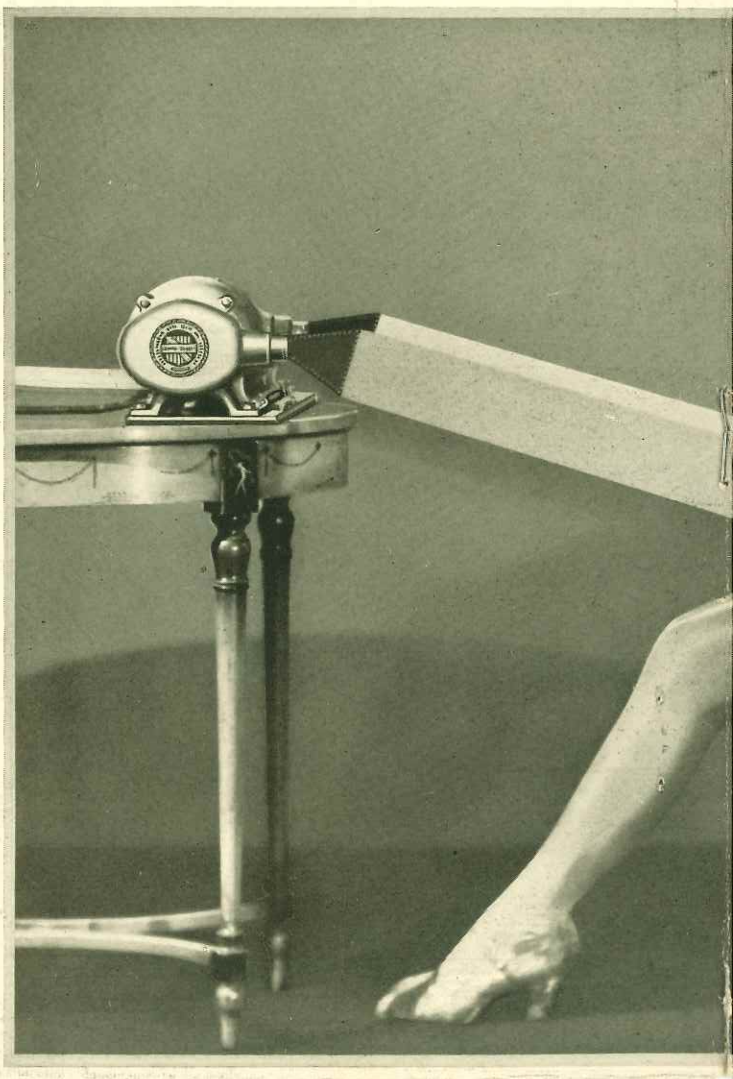
HERETOFORE the thought of "exercise" has been one of "grin-and-bear" a routine of physical discomfort, or of sports which only the few could afford.

Exercise does not mean 36 holes of golf at the week-end, or the so-called "daily dozen"—(now and then).

Exercise means systematic stimulation of circulation—*daily.*

A few minutes with the HEALTH-MOTOR night and morning will do this for you.

By serving as a complete substitute for the usual form of time taking and costly exercises, the HEALTH-MOTOR proves economical. It is highly efficient in evenly and thoroughly exercising *all* the muscles and vital parts, which no one conventional sport or set of exercises accomplishes.

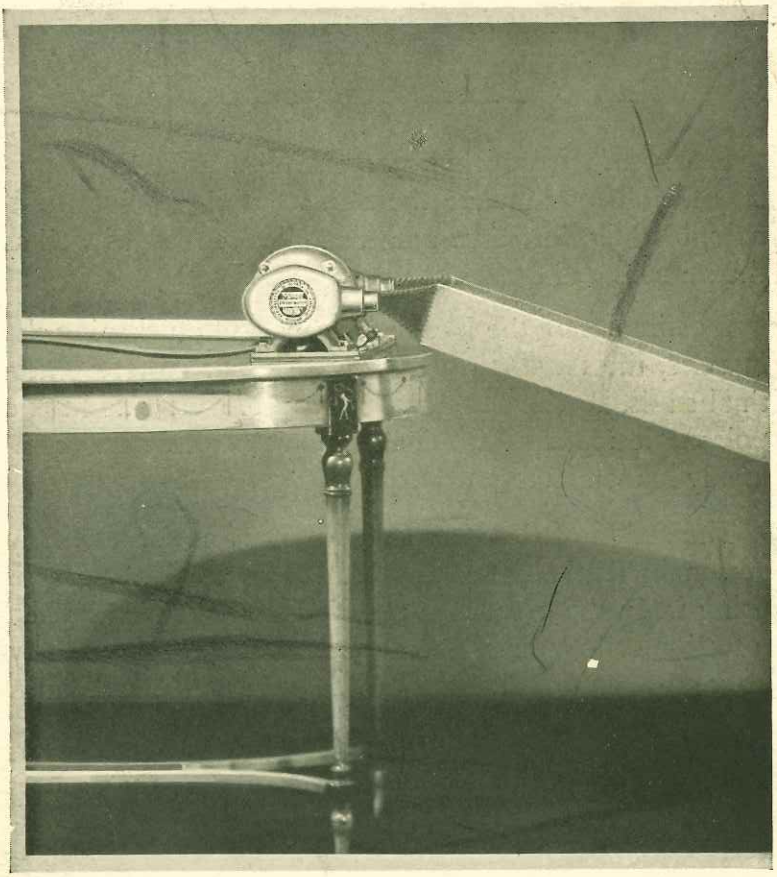


How to Enjoy Life with
The HEALTH-MOTOR

HEALTH-MOTOR provides the manipulative and vibratory action to stimulate the stomach, spleen, liver, kidneys, bladder, intestines and glandular centers, as well as the muscles and tissues.

By stimulating the internal organs and quickening the muscles, the HEALTH-MOTOR prevents or corrects intestinal stasis. By the elimination of waste matter and toxic poisons it reduces intestinal toxemia, or as more commonly known, auto-intoxication.

The action of the HEALTH-MOTOR is not severe. Any person in normal health need have no apprehension in using it. In the event of a real or fancied ailment, when infection or inflammation may be present or immediately after an operation, it is best to consult your physician as to its proper use.



A Compact, Portable, Efficient Exerciser and Reducer!

THIS most modern device administers vibrating, manipulating massage by specially designed motive force, actuated by a small electric motor. The weight and size is comparable to that of a portable electric sewing machine.

The HEALTH-MOTOR comes to you in an attractive case. A handle is provided, making it easily portable. Thus, it can be used anywhere,—on a light table, a chair, window-recess, dresser or desk. It is adaptable for office as well as home use, or wherever an electric lamp socket is available.

Once set up, the HEALTH-MOTOR needs no attention. The mechanism is all enclosed. There are no pulleys, belts, or gears. It operates as smoothly and as silently as an electric fan. Each HEALTH-MOTOR comes complete with oscillator, anchor strap, and full instructions for operating.

601/144

Manufactured and Guaranteed by

SAVAGE ARMS CORPORATION

UTICA, N. Y.

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Distributed by

SAVAGE PRODUCTS DISTRIBUTING CORPORATION

100 East 42nd Street, New York City

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Patents applied for by J. G. DeRemer

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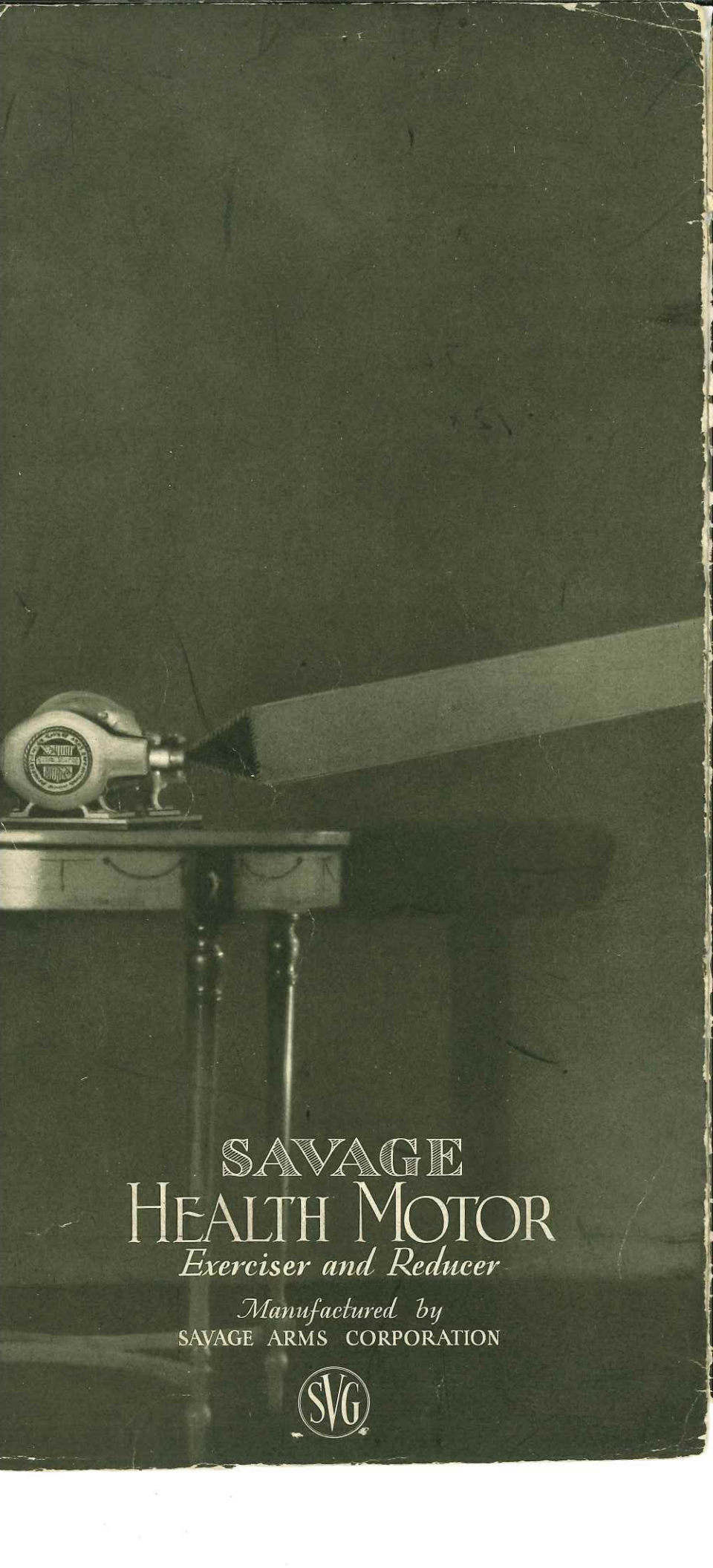

SAVAGE
HEALTH MOTOR

Exerciser and Reducer

Manufactured by
SAVAGE ARMS CORPORATION

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SAVAGE HEALTH MOTOR

Exerciser and Reducer

Manufactured by
SAVAGE ARMS CORPORATION

SVG

THE SPIRIT OF HEALTH

Nov 27, 1928
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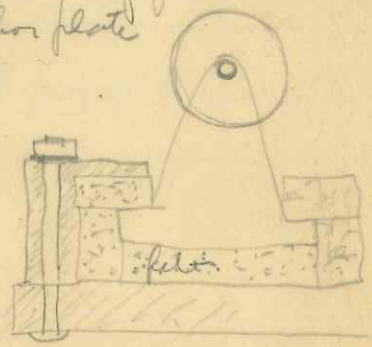
Stoddard 1,243,358
Oct 16, 1917. X308-11

Mounting for motor including thick slabs of felt surrounding the armature plate

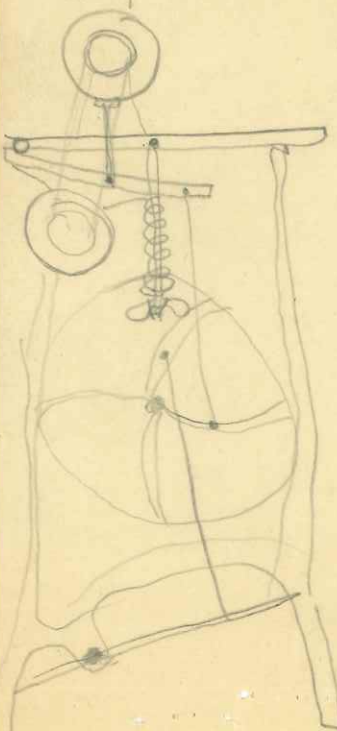


Gustafson 1170532
Feb 1, 1916 - X308-11/11

Sewing machine motor mounted on a spring supported plate.

178-63

Rebeaunen (Swiss) 1eh 49,258
July 6, 1910



Sewing machine & motor

308-11